

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

April 2013

Basic Meatballs

Stroganoff Meatballs

Meatballs and Easy Mushroom Gravy

Hot and Tangy Meatballs

Spaghetti and Meatballs

Honey Garlic Meatballs

Basic Meatballs

1½ pounds lean hamburger
1½ cups bread crumbs
1 cup skim or 1% milk
½ teaspoon pepper
2 eggs
¼ cup chopped onion (If your children don't like onion chunks, run them through the blender.)

1. Combine all ingredients in a large mixing bowl.
2. Form into 18 meatballs.
3. Place on a cookie sheet coated with nonstick cooking spray. Bake at 375 degrees for 30 to 45 minutes.
4. Cool slightly. Freeze on a cookie sheet in a single layer. When frozen, remove from cookie sheet and freeze in a plastic bag or container.



Nutrition Note: This recipe makes 6 servings. Each serving has 350 calories, 14 grams of fat and 22 grams of carbohydrates.

Stroganoff Meatballs

2 teaspoons dry beef base
3 tablespoons flour
½ teaspoon pepper
¼ teaspoon onion powder
1½ cups water
9 meatballs
½ cup fat-free sour cream



1. Combine all dry ingredients in a small mixing bowl.
2. Add water. Use a whisk to mix until mixture is lump-free.
3. Pour into a saucepan. Cook until thickened, stirring constantly.
4. Add meatballs. Simmer about 15 to 20 minutes or until meatballs are heated through. Do not boil hard or stir vigorously or the meatballs will break up.
5. Add sour cream. Heat through, but do not boil.
6. Serve with egg noodles or potatoes.

Breastfeeding:

Why breastfeed?



“I think breastfeeding is like giving milk from the heart.”

~ ND WIC Breastfeeding Mom

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Meatballs and Easy Mushroom Gravy

1 can (10.75 ounces) fat-free cream of mushroom soup
1 soup can of skim or 1% milk
1 teaspoon dry beef base
9 meatballs

1. Mix soup, milk and beef base in a saucepan.
2. Add meatballs. Simmer about 15 to 20 minutes or until meatballs are heated through. Do not boil hard or stir vigorously or the meatballs will break up.

Tips for Raising Healthy Eaters

Divide Responsibility: Parents and children have their own jobs when it comes to eating. Parents decide what, when and where to eat. Children decide how much to eat or whether to eat at all.

Hot and Tangy Meatballs

$\frac{3}{4}$ cup chili sauce
 $\frac{3}{4}$ cup grape jelly
3 tablespoons soy sauce

1. Combine chili sauce, jelly and soy sauce in a saucepan.
2. Add meatballs.
3. Simmer about 15 to 20 minutes or until meatballs are heated through. Do not boil hard or stir vigorously or the meatballs will break up.

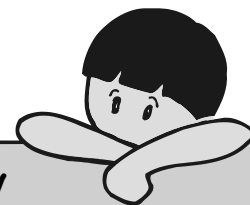
Spaghetti and Meatballs

1 jar (24 ounces) spaghetti sauce
9 meatballs

1. Combine sauce and meatballs in a saucepan.
2. Simmer about 15 to 20 minutes or until meatballs are heated through. Do not boil hard or stir vigorously or the meatballs will break up.
3. Serve on top of your favorite pasta.



Turn Off the TV



Sport Mimics: Act out sport movements such as batting, kicking, dribbling, throwing/catching, dunking, swimming different strokes, and volleyball passing/serving. Everyone can be skillful without the equipment!

Source: www.aahperd.org

Honey Garlic Meatballs

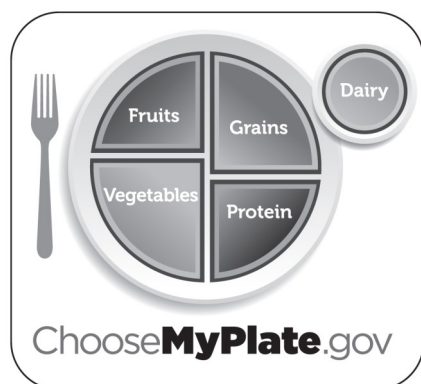
$\frac{1}{4}$ cup water
4 cloves crushed garlic
 $\frac{3}{4}$ cup ketchup
 $\frac{1}{2}$ cup honey
2 tablespoons soy sauce
9 meatballs

1. Combine all ingredients (except meatballs) in a saucepan.
2. Add meatballs. Simmer about 15 to 20 minutes or until meatballs are heated through. Do not boil hard or stir vigorously or the meatballs will break up.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
North Dakota Department of Health - Division of Nutrition and Physical Activity
600 E. Boulevard Avenue., Dept. 301 - Bismarck, N.D. 58505-0200 800.472.2286, option 1

GROWING HAPPY FAMILIES



Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles or stir-fries, which "stretch" expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.